

# **The Price of Multitasking: How It Affects Your Marriage and Family**

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In today's modern world, we live at a breakneck pace. We are always on the go, trying to fulfill as many responsibilities as humanly possible. We rush from work to gym classes to social activities, all while struggling to maintain a healthy work-life balance. But this hurried pace of life can take a toll on our relationships, particularly in the context of marriage. Married couples experience many daily demands that can stretch them thin. Requirements such as work, social obligations, child-rearing, household chores, and financial demands all pile up, adding to couples' daily pressure. With so much going on, it can be challenging for partners to find time to greet each other, let alone have an in-depth conversation.

I have noticed couples engaged in perpetual multitasking. They juggle their mobile devices, dinner preparation, check emails, and track the kids' activities simultaneously. Often, this style of multitasking can harm communication in the relationship. Couples can struggle to find time to connect; when they do, it can be challenging to focus entirely on one another.

Many couples know that multitasking and constant interruption are part of the problem of feeling disconnected. An interesting couple-originated solution has been using text messages and other digital media to stay connected. Their answer was to use the devices that provided the disconnect to solve the problem. Both of them multitask at all hours of the day. I have noticed whole families together disengage on their electronic devices. No one was speaking to anyone else.

Frequently as one partner is complaining about their spouse answering work emails, taking phone calls, or tinkering on their laptops, the other partner interrupts their own monologue to respond to alerts about posts

on social media text messages. Each one condemns the other for the things they are both doing.

This chronic multitasking has significantly impacted their relationship, leading to their disconnection. In cases like this, it's essential to recognize the dangers of multitasking and make a concerted effort to put down your devices and focus on your partner.

In conclusion, the hurried pace of modern life can take a significant toll on our relationships, particularly in marriage. Couples face many daily demands that can stretch them thin and lead to communication issues, among other problems. Multitasking can worsen matters, leading to disconnection, misunderstandings, and frustration. To maintain a healthy relationship, make a concerted effort to slow down, put down your devices, and focus on one another entirely. By doing so, you can reconnect with your partner and strengthen your bond, leading to a happier, healthier, and more fulfilling relationship.

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